

Summer fun!



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ROYAL BLUE DUCHESS GIVES FROCK DESIGNER A SECOND NOD {page 12}



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Monday, July 4, 2011
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 News worth sharing.

Dress cool, look corporate

- Hot weather doesn't give you licence to strip down at the office
- Here are some guidelines for business attire in the summer

The summer has finally arrived in full force, and warm temperatures can force London professionals to scour their wardrobes for business attire appropriate — yet still comfortable — for the summer months.

According to Sue Jacobs, founder of Personal Style Image Consulting in London, people can have trouble dressing in summer clothing suitable for an office environment.

"Once the temperature starts to rise, the difficulty in finding appropriate clothes rises as well," Jacobs said. "(They think) it's an excuse to show skin."

While the warmer weather may seem like the perfect opportunity to explore the depths of your closet with a variety of eclectic patterns and casual wear, the goal is to dress for success.

"You want to promote the best you," Jacobs said.

Here are some tips from Jacobs for both men and women when



dressing for the office during the summer:

- Solid colours are more professional than prints.
- Three pieces are better than two — think a linen or tropical-weight wool jacket or blazer to accentuate your shirt and pants or skirt.
- Tight clothes make you feel warmer — opt for clothes that fit comfortably.
- Think darker shirt colours — more business-appropriate than

Dress code

Five office wardrobe Don'ts:

- ▶ No flip-flops — both genders.
- ▶ Avoid shorts at all times — men
- ▶ Sleeveless shirts — women
- ▶ No wild or graphic-print shirts
- ▶ Avoid long, distracting necklines — women

SUE JACOBS, PERSONAL STYLE IMAGE CONSULTING

light colours and they hide perspiration.

- Accessories — like a statement necklace or wristwatch — play an important role and add to your credibility.

"Business is business, regardless of the temperature outside," Jacobs said. "Clients expect those with whom they do business to act and look professional."

● MIKE ARSENAULT

Angst. Rock



► Chris Cornell, lead singer of Soundgarden, performs to a crowd of about 3,000 at the John Labatt Centre last night.

— GEOFFREY MCMURRAY/METRO

Soundgarden's in its prime

Cornell says he's relishing the chance to take a break from his solo acoustic act and, after 12 years, tour with Soundgarden. For more on the band's reunion, see Cornell's interview on page 11.



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■ **BREAKING NEWS:** Gold is at a record high!

ROADSHOW EXTENDED FOR AN EXTRA WEEK IN LONDON!!

By: Michael Ross

Great Canadian Roadshow

After a successful week in London, the Roadshow is returning for one more week! So you better search through your attics and basements, go through your lock boxes and jewelry, because you may be sitting on a small fortune and not even know it! Roadshow experts are here to examine all your antiques, collectibles, gold, and silver.

"I'm so happy," Linda explains, "I never would have thought that my old tin of coins was worth so much! I can finally afford to renovate my kitchen."

During our show in Haliburton, a woman came in with a jewelry box that she had just inherited from her late aunt. "I don't wear jewelry," explained Cheryl Barnes, "so it was an easy decision to come down to the Roadshow to sell it". She was very excited when she was able to walk away with a cheque for over \$2,100 for jewelry she was never going to wear anyways.

Expert Cliff Edwards explains, "We have noticed a substantial increase in the amount of precious metals such as gold and silver coming to the Roadshow, which makes sense considering how high it's currently trading at. He added, "The Roadshow is great because it puts money in people's pockets, especially during such hard times. Lots of items that are just sitting around collecting dust in basements and jewelry boxes can be exchanged for money, on the spot! "

At another Roadshow event, a woman walked in with a tin full of hundreds of old coins that were given to her as a young child by her grandfather. She finally decided to come in to the Roadshow and see what he had given her. She was ecstatic to learn she had coins dating back to the late 1800's, some of which were extremely rare. Roadshow consultant Raymond Flack explains "We had uncovered an 1871 Queen Victoria 50 Cent piece, valued at over \$2,000!! She also had a nice assortment of coins that were not rare dates, but she was able to sell them for their silver content". All in all, Roadshow customer Linda Donaldson was able to cash in with \$4,500! "I'm so happy", Linda explains, "I never would have thought that my old tin of coins was worth so much! I can finally afford to renovate my kitchen."

Raymond Flack continued, "Canadian coins prior to 1967, and American coins prior to 1964 are all made with silver, and we have noticed a large increase of customers coming to the Roadshow with coins and cashing them in for their silver value."



Joanne Burke ecstatic with her roadshow experience.

Experts at the Roadshow will evaluate and examine your items, FREE OF CHARGE, as well as educate you on them. The Roadshow sees hundreds of people during a one week event, and they have been travelling across Canada to different cities and towns, searching for your forgotten treasures.

Trains, dolls, toys, old advertising signs, pocket watches, porcelain and bisque dolls, pretty much everything can be sold at the Roadshow. Any early edition Barbie's are sought after by Roadshow collectors, as well as a variety of Dinky Toys and Matchbox Cars. Lionel Trains and a variety of tin toys can also fetch a price, especially if they are in their original box or in mint condition. If a collector is looking for one of your collectables, we can always make an offer to buy it.

"We have noticed a substantial increase in the amount of precious metals such as gold and silver coming to the Roadshow, which makes sense considering how high it's currently trading at."

A man brought in a 1950's Marx Tin Toy Robot, in fairly good condition, still in its original box. We were able to locate a collector for that specific toy within minutes, and that gentleman went home with over \$700 for his Toy Robot and a few other small toys.

So whether you have an old toy car, a broken gold chain, or a Barbie sitting in the closet, bring it down to the Roadshow, we will take a look at it for FREE and it could put money in your pocket!

**SEE YOU AT
THE ROADSHOW**

Welcome to the Space Jam

► DJs, break dancers performed while artists created a mural for hip-hop graffiti-art event

KELLY CONNOR/FOR METRO



► Ryan Mahy, Space Jam organizer, sits in front of a graffiti design featuring the name of the alley donated for the graffiti-art event. The alley is near the Boys and Girls Club at 184 Horton St. E.

KELLY CONNOR
LONDON@METRONEWS.CA

The Canada Day weekend was about more than barbecuing and fireworks for 28 local urban artists. It was about creativity, design and freedom. It was a celebration of the controversial art form known as graffiti art.

Space Jam, an event sponsored by the Boys and Girls Club of London, gave artists an opportunity to create urban lettering de-

signs in a trouble-free setting. A 210-foot wall was donated by City Centre Storage, the building to the left of the Boys and Girls Club at 184 Horton St. E., for use by the artists.

Ryan Mahy, art director of Artfusion and organizer of Space Jam, says there's a fine line between legal and illegal when it comes to urban lettering. "When people hear the term 'graffiti,' they think of illegal activity. But 'graffiti art' is the legal

kind (of graffiti)," said Mahy.

This particular event was a competition between the artists, with prize money going to the top three designs. Judging was based on style, colour and cleanliness of the cuts.

Mahy has been organizing hip-hop graffiti-art events such as this for eight years. He says that whenever he can get his hands on a wall, he'll organize a special event like Space Jam.

'I used to paint illegally'

As Jamie Heywood a.k.a. Kaper, applied finishing touches to his contribution to the 210-foot mural, he expressed his gratitude to events like Space Jam.

"This means a lot to me. I used to paint illegally but got busted," said Heywood. "I've done my time and now I paint legal walls. I love painting so much. I don't care what I paint, I just want to paint."

Heywood used six hours and 10 cans of spray paint to create his graffiti art piece for the competition. ● KELLY CONNOR

Local station adds to summer lineup

Two new community-produced shows are set to join Rogers TV's programming lineup this summer: London Summer Rush and Urban Self Defence are both nine-part series set to debut this week on Cable 13.

London Summer Rush premieres tonight at 7:30 p.m. The show will take you to all the cool summer festivals, sporting events and activities with host

and producer Greg Glasman.

Also making its debut is Urban Self Defence, premiering tomorrow at 7 p.m. This series, hosted by Metro columnist Mike Arsenault, will show you self-defence techniques to help protect yourself in a variety of real-life situations, such as walking alone or visiting an ATM at night.

● METRO

"I hope this series will get Londoners my age engaged in all the festivals and events that make it fun to live in London during the summer."

GREG GLASMAN,
HOST OF LONDON SUMMER RUSH

News in brief

Man robbed for iPhone 4

An iPhone 4 was the target of a robbery early Saturday morning in downtown London.

It happened around 4 a.m. near Richmond Street and Carling.

The victim in the robbery

was approached by an unknown man. The suspect asked him for the time, then grabbed his iPhone 4 out of his hand, pushed him and fled eastbound with two other men through an alley near 430 Richmond St.

The suspect in the robbery is described as a black male, 20-25 years old, six feet tall, with a thin build and corn rows in his hair.

AM980/AM980.CA

1
news



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In the wake of the Kabul hotel attack, Defence Minister Peter MacKay says that Canadian soldiers in the city are safe.

Video at metronews.ca

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Just. Sk8



► Hayden Carmichael, 8, of West Lorne, practises on a skateboard at the West 49 LRN2SK8 tour held at White Oaks Mall yesterday.

KELLY CONNOR/FOR METRO

Getting some air at White Oaks Mall

Children aged five and up were invited to participate in the West 49 LRN2SK8 Tour, a free beginners skateboarding experience. The program gives kids a chance to skate in a fully enclosed skate park with experienced instructors. The LRN2SK8 program travels from city to city, hitting 30 West 49 locations across Canada.

UWO makes waves with brain study

► Ability to read and understand brain signals brings researchers closer to using neural messages to control prosthetic limbs ► Could have impact on quality of life of people suffering from spinal-cord injuries



MIKE ARSENAULT
LONDON@METRONEWS.CA

Telepathy has long been the bastion of science fiction. One day, that may come to an end.

Researchers at the University of Western Ontario are hoping to link real science to mind-reading, while leaving the fictional aspect of telepathy by the wayside.

In a paper published in the Journal of Neuroscience, university scientists were able to forecast

human actions solely by analyzing images of test subjects' brain activity.

According to Jason Gallivan, a Western PhD student and one of the paper's authors, this research is at the cutting edge of neuroscience.

"There's not much research that examines the intention-related signals that occur into the brain prior to movement," Gallivan said.

"We wanted to tap into the important planning processes that precede



"If we can understand these brain signals, we can offer recovery of function for individuals in the future."

JAMES GALLIVAN, PHD STUDENT AND FIRST AUTHOR OF THE STUDY

movement."

The study subjects were asked to perform one of three tasks while their brains were scanned by a functional magnetic resonance imaging machine. Gallivan and his colleagues then watched for changes in activity in different areas of the brain.

"It's exploratory proof-of-concept work," said Gallivan. "We (were able to) actually harness these brain signals and predict the subject's actions."

Scrapping LHINs stirs up Ontario election debate

The fate of regional agencies charged with making local health-care decisions will be hanging in the balance this fall when Ontario voters head to the polls.

The governing Liberals want to keep the 14 agencies they created to streamline health services, while the Conservatives and NDP are promising to wipe them out.

The government says the local health integration networks are needed to make local decisions.

But critics say it's just another layer of bureaucracy that's ignoring the needs of many communities.

Natalie Mehra of the Ontario Health Coalition says the agencies must be



► Natalie Mehra

scrapped and replaced with smaller, more democratic groups.

She says the agencies essentially take the heat off the government for its health-care decisions by acting as a buffer between the province and local residents.

THE CANADIAN PRESS

Fire causes thousands of dollars in damage

A Canada Day fire has caused thousands of dollars' worth of damage to a London home.

The fire occurred at 303 Eggerton St. around 3 p.m. on Friday.

When the firefighters arrived, they saw heavy smoke and fire coming from the back of the house.

Fire Chief Jeff Adams told AM980 they were lucky the blaze moved up and didn't destroy the whole of the home.

"We're very fortunate in the fact that the fire did run up the wall and started into the attic" says Adams. "Firefighters aggressively entered the attic and knocked the fire down."

Adams says the family was outside at the time and no one was hurt.

The fire is not considered suspicious and the damage is pegged at around \$70,000.

AM980/AM980.CA

London to reprise party in 2012

This year's Canada Day celebrations in Harris Park on Friday drew more than 38,000 Londoners.

Organizers said much of the feedback for the day-long celebration that included music, a First Nations gathering and fireworks has been exceptional, and have confirmed that a London Celebrates Canada event will take again place again in 2012. Plans are already underway.

● METRO

Charges laid in Kipps Lane shooting

A 15-year-old male turned himself in and has been charged in the Kipps Lane shooting case.

The youth went to London police headquarters on Friday and has been charged with aggravated assault, wearing a disguise while committing an offence, as well as several firearm charges.

The investigation is ongoing. Anyone with information is asked to call police at 519-661-5670.

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Landside victory in Thai election

VINCENT YU/THE ASSOCIATED PRESS

► Photogenic Yingluck Shinawatra has long been seen as front-runner
► Set to be country's first female PM

The sister of exiled former Prime Minister Thaksin Shinawatra led Thailand's main opposition party to a landslide victory in elections yesterday, heralding an extraordinary political turnaround five tumultuous years after her fugitive billionaire brother was toppled in an army coup.

The vote paves the way for 44-year-old Yingluck Shinawatra, who has never held office, to become this Southeast Asian kingdom's first female prime minister.

A large mandate to govern could help the new government navigate a way out of the crisis that has plagued Thailand since Thaksin's 2006 overthrow. But the question remains whether the nation's elite power brokers, including the monarchy and the army, would accept the result.

Thaksin was barred from politics in 2007 and

convicted on graft charges the next year. The U.S.-educated Yingluck, who he has called "my clone," is widely considered his proxy.

The incumbent premier, Abhisit Vejjajiva, conceded defeat last night and said he was ready to become the opposition.

With 98 per cent of the vote counted, preliminary results from the Election Commission indicated Yingluck's Pheu Thai party had a strong lead with 264 of 500 parliament seats, well over the majority needed to form a government. Abhisit's Democrats won 160 seats.

Speaking to a throng of cheering supporters at her party headquarters in Bangkok, Yingluck declined to declare victory until final results are released. But she said: "I don't want to say that Pheu Thai wins today. It's a victory of the people."

THE ASSOCIATED PRESS



► Yingluck Shinawatra, the Pheu Thai Party's candidate for prime minister and youngest sister of ousted Prime Minister Thaksin Shinawatra, gestures as she attends a press conference at the party headquarters in Bangkok, Thailand, yesterday.

Activists plan to go on with Gaza flotilla despite Greek ban

PETROS KARADJIA/THE ASSOCIATED PRESS

Organizers of a Gaza-bound flotilla said yesterday they have not abandoned their plans to breach Israel's sea blockade of the territory despite a Greek government ban on their vessels leaving the country's ports.

The campaign experienced a major setback when Greece announced its restrictions Friday, and authorities arrested the captain of a boat carrying American activists that tried to leave Greece without permission.

However, co-ordinators of the flotilla were trying to maintain momentum with small protests in Athens in the face of increasing calls for them to scrap their campaign. On Saturday, the Middle East Quartet of Mideast mediators — the U.S., UN, EU and Russia — urged governments to discourage Gaza-bound flotillas that could escalate tension in the region.

Several protesters from the American vessel briefly protested outside the U.S.



► Supporters of the Gaza flotilla gather outside the Ministry of Public Order in Athens yesterday.

Embassy before leaving. They had originally planned to stay there overnight. They want Washington to pressure Greece to release their American captain, John Klusmire, and allow them to depart for the Gaza Strip.

The U.S. Embassy provided standard consular services to the American citizens in the flotilla "before and after" the interception of their vessel, spokesman Stuart Smith said.

THE ASSOCIATED PRESS

Blockade

► **Weapons.** Israel says it imposed the blockade in 2007 to stop weapons reaching Hamas, the Islamic militant group that rules Gaza.

► **Uproar.** Nine activists on a Turkish boat were killed last year in an Israeli raid on a similar flotilla, and Israel eased its land blockade after an international uproar over the incident.

Human remains found in remote B.C. location

Human remains have been found near Lillooet, B.C., and a conservation officer says the person could have been attacked by a black bear.

Rod Olsen said the remains were found on Thursday by an RCMP dog after police began searching for a missing woman.

THE CANADIAN PRESS

Canadian killed in Mexico, official says

A Mexican state official says a Canadian woman was stabbed to death in

a suburb of San Miguel de Allende, a colonial city filled with foreign artists and retirees.

Guanajuato Deputy Prosecutor Miguel Angel Rangel-Zendejas says 64-year-old Judith Zena Baylis was stabbed 21 times in her home in Atotonilco.

THE CANADIAN PRESS

Biker killed protesting helmet laws

Police say a motorcyclist participating in a protest ride against helmet laws in upstate New York died after he flipped over the bike's handlebars and hit his head on the pavement.

The accident happened Saturday afternoon in the

town of Onondaga, in central New York near Syracuse.

Troopers say Philip A. Contos would have likely survived if he had been wearing a helmet while on his motorcycle.

THE ASSOCIATED PRESS

SEAN KILPATRICK/THE CANADIAN PRESS



► The Duchess of Cambridge, Kate Middleton, shakes the hand of a small girl as she and Prince William visit Fort Levis in Levis, Que., yesterday.

Wills greets Quebec City in French only

► Many in Quebec see monarchy as colonial relic, resent that sovereign still serves as head of state

Speaking only in French, Prince William hailed Quebecers' "vitality and vigour" yesterday as he visited a city where a key British military victory more than 250 years ago still resonates politically.

"It's an honour for me to be here with you in Quebec today," he said in Quebec City after inspecting members of the Royal 22e Regiment, commonly known as the Van Doos.

"For me, as a soldier and an airman, it is a privilege to have inspected a great

regiment like the Royal 22nd.

"Your reputation is as strong as it is legendary. This place has such beauty and history. You, the Quebecois et Quebecoises, have such vitality and vigour."

The couple then delighted the crowd by going for a walkabout and shaking hands with dozens of excited well-wishers.

William and Kate's visit to Quebec City, which came one day after they toured Montreal, rankled many sovereigntists.

One reason is that the couple visited the Citadelle, a fortified residence at the foot of the Plains of Abraham, where the British defeated the French in a key battle in 1759.

Anti-monarchy slogans and middle-finger salutes greeted the royal couple in Montreal on Saturday.

Yesterday, a few hundred Quebec sovereigntists took to Quebec City streets to once again protest their presence in the province. The event went off peacefully. **THE CANADIAN PRESS**

EUROPEAN OUTBREAK

New strain of E. coli claims life

A 78-year-old French woman died early Saturday morning from complications of an E. coli infection but a doctor said she was not suffering from the strain that has infected many other people in France and Germany.

The source of the French woman's E. coli contamination was not

identified. Seven other patients remain in stable condition at the same French hospital, six of whom have been confirmed to have the same strain of E. coli as in the outbreak that originated in Germany.

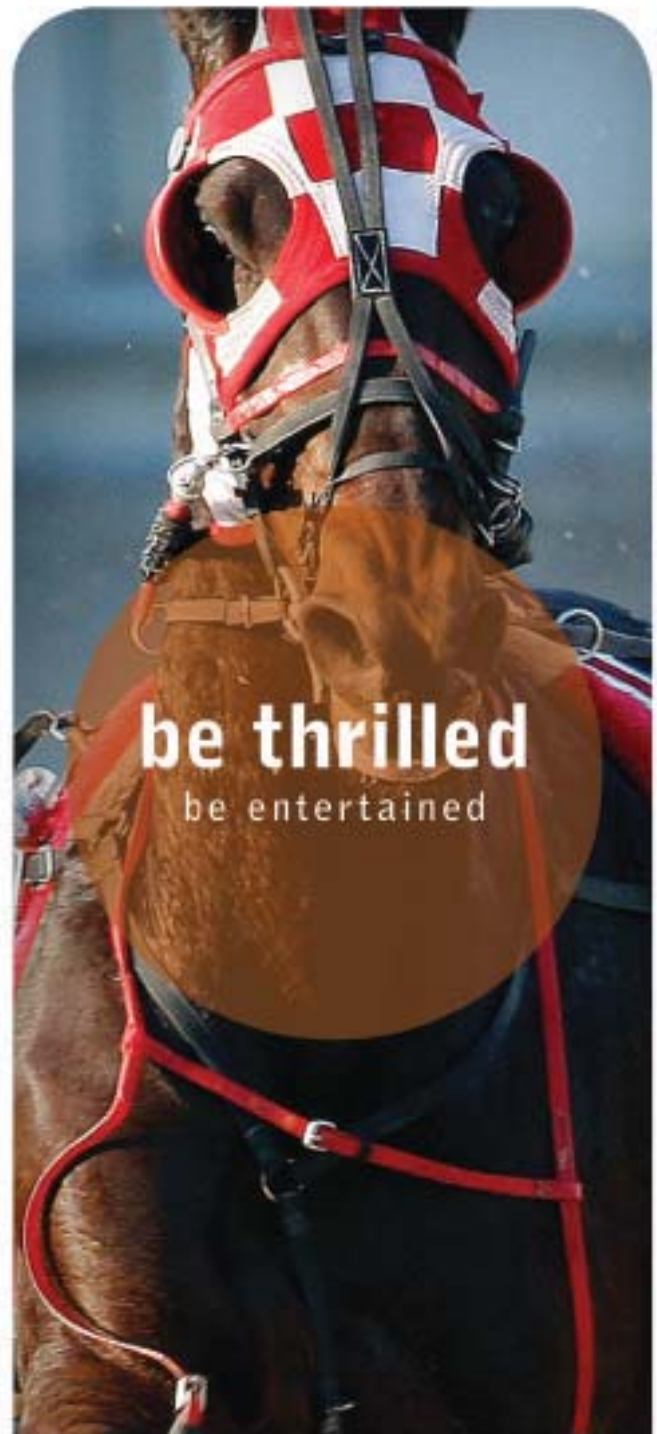
European health experts said Thursday that contaminated Egyptian fenugreek seeds were likely the source of that deadly outbreak.

German authorities on Friday reported another death in the European E. coli outbreak — bringing the total to 50. **THE ASSOCIATED PRESS**

A gluttony competition of their own

This year's Fourth of July race to stuff your face with hot dogs has a new women-only pigout.

Diminutive Sonya Thomas, known as The Black Widow of competitive eating, and eight other women will compete today on Coney Island just before the men's stomach-churning hot dog feast at Nathan's Famous fast-food restaurant. **THE ASSOCIATED PRESS**



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Kandahar troops debriefed

Canada's top commander attempted to bind fresh and old wounds when he bid farewell to combat troops in Kandahar.

Gen. Walt Natynczyk, in his final address, urged returning soldiers to watch their "battle buddies" and take care of each other as they begin the journey back to regular life at home.

His remarks had a

poignant ring for the soldiers of the 1st Battalion Royal 22e Regiment, as two of the four deaths in the last combat tour were suspected suicides. Military police are still investigating the cases of Bombardier Karl Manning and Cpl. Francis Roy — both of whom were recently found dead of non-battle-related injuries. **THE CANADIAN PRESS**



► Gen. Walt Natynczyk, chief of defence staff, gives his final address before the formal end of combat operations at Kandahar Airfield on Saturday.

Turkey increases aid for Libyan rebels

► Visit marks Turkey's strongest show of support yet for opposition forces trying to oust Gadhafi

Turkey's foreign minister recognized Libya's rebel leaders as the country's legitimate representatives and promised them an additional \$200 million in aid during a visit yesterday.

The visit by Foreign Minister Ahmet Davutoglu signalled a further policy shift. Turkey, a key regional power, had initially balked at the idea of military action in Libya, but as a NATO member is now supporting the alliance's air strikes there.

Turkish companies were involved in construction projects worth billions of dollars in Libya before the February outbreak of a Libyan anti-government uprising, which has become largely protracted.

Turkey has already granted the Libyan opposi-

tion \$100 million in aid. Some of the money is to be used to improve the infrastructure of Benghazi and rehabilitate its airport.

The foreign minister said he hopes the Libya crisis can be solved peacefully before the start of the Muslim fasting month of Ramadan in August. The fighting has split Libya into a rebel-controlled east and a Gadhafi-run west.

A coalition including France, Britain and the United States began striking Gadhafi's forces under a United Nations resolution to protect civilians on March 19, giving the rebels air support.

NATO assumed control of the air campaign over Libya on March 31. It is joined by a number of Arab allies.

THE ASSOCIATED PRESS



► A Libyan boy poses with a toy gun during a demonstration against NATO at a UN building in Tripoli, Libya, on Saturday.

Dike saved, historic bridge destroyed

Town officials in Souris, Man., were forced to sacrifice a historic swinging footbridge in order to save a dike that's protecting the community from rising flood water.

Mayor Darryl Jackson says the anchors that were holding the bridge cables were underneath the dike, and if the Souris River

rose up over the bridge, the cables could tear out the anchors.

That would make the structural failure of the dike inevitable.

The bridge that has been sacrificed was built in 1904 by the founder of the town and is a major tourist attraction.

The Manitoba govern-

ment said Souris already has about 150 people working on its dike but there is concern about having the work completed in time.

With the Souris River expected to crest on Tuesday, soldiers will be placing sandbags to reinforce the dike over affected areas.

THE CANADIAN PRESS

Mother stands trial for own child's death

Casey Anthony broke down crying yesterday as prosecutors told jurors during closing arguments that she murdered her two-year-old daughter Caylee because the child prevented her from having a relationship.

Prosecutor Jeff Ashton said Anthony wanted a relationship, to go out with her friends and to live the care-free life she had lived before Caylee's birth.

"Something needed to be sacrificed, that something was either the life she wanted or the life thrust upon her. She chose to sacrifice her child," Ashton said. **THE ASSOCIATED PRESS**



► Casey Anthony

Points of view

- Prosecutors contend Caylee was suffocated with duct tape by her mother.
- Defence attorneys countered that the toddler accidentally drowned in the family swimming pool.

RANDOM RESCUE

Woman catches falling toddler

A two-year-old Chinese girl left unattended fell 10 storeys from an apartment window and survived after being caught by a woman passing by, the state media reported.

The toddler was in critical condition yesterday with internal bleeding

and other injuries while the woman who saved her suffered a broken arm.

The girl, named Zhang Fangyu but known by the nickname Niu Niu, was in the care of her grandmother Saturday when the older woman left the apartment outside the city of Hangzhou to run an errand. Neighbours saw Niu Niu dangling from the apartment window for several minutes and when the girl fell, Wu Juping "kicked off her high-heeled shoes" and ran to catch the child.

THE ASSOCIATED PRESS

Pride parade full of vigour

The country's largest gay rights parade marched through the streets of Toronto yesterday.

More than 1 million people attended the lively Pride parade, the culmination of the city's annual Pride Week. The parade wound its way down Yonge Street to Gerrard Street.

Toronto Mayor Rob Ford has faced heavy criticism for saying he would skip the parade to spend Canada Day weekend at his cottage.

Ford is the first mayor in years to miss the festival.

THE CANADIAN PRESS

Morrison honoured in Paris

Former members of The Doors marked the 40th anniversary of the death of Jim Morrison by lighting candles at his grave in Paris. Morrison, the lead singer of the rock band, died on July 2, 1971, at age 27, of heart failure in his bathtub in Paris. His grave at Pere Lachaise cemetery remains a pilgrimage site for fans. Fans paid homage by leaving flowers. Some wore black T-shirts containing a white drawing of Morrison's face and the words "40th anniversary."

THE ASSOCIATED PRESS

Oil spill fouls Montana river




► Environmental impact uncertain for Yellowstone River ► Oil firm trying to 'corral this monster'

An ExxonMobil pipeline that runs under the Yellowstone River in Montana ruptured Saturday, leaking hundreds of barrels of oil into the waterway. The spill caused a 40-kilometre plume that fouled the riverbank and forced municipalities downstream to close water intakes.

Hundreds of residents were temporarily evacuated due to the overpowering fumes and concerns about possible explosions, while cleanup crews deployed booms and absorbent material as the plume moved downstream. It was unclear how far it might travel.

ExxonMobil spokeswoman Pam Malek said the pipe leaked 750 to 1,000 barrels of oil for about a half-hour before it was shut down.

Market moment

TSX	Dollar
	
+ 111.93 (13,300.87)	+ 0.65¢ (103.68¢ US)
Oil	Natural gas 1,000 cu ft
	
- \$1.06 (\$94.38 US)	\$4.32 US (- 5.5¢) Gold contract \$1,502.80 US (- 7.60)

PRICES AS OF 5 P.M. THURSDAY

"The timing couldn't be worse," said Steve Knecht, chief of operations for Montana Disaster and Emergency Services. "With the Yellowstone running at flood stage and all the debris, it makes it dang tough



► Crude oil swirls in a flooded gravel pit in Lockwood, Mont., after a pipeline break on Saturday. The ExxonMobil pipeline that runs under the Yellowstone River near Billings, south-central Montana, ruptured and dumped oil into the waterway.

to get out there to do anything."

Duane Winslow, Yellowstone County director of disaster and emergency

services, said the plume was dissipating as it moved downstream. "We're just kind of waiting for it to move on down

while Exxon is trying to figure out how to corral this monster."

In a statement, ExxonMobil said it was sending a

team to help with cleanup. The ExxonMobil Pipeline Company "deeply regrets this release," it said.

THE ASSOCIATED PRESS

Nissan turns over a new leaf, power-wise

Nissan's Oppama plant in Yokosuka, northern Japan, was busily rolling out the Leaf electric car and other models on the weekend, having shifted production schedules for an aggressive nationwide effort to fight the power crunch created by the tsunami-crippled Fukushima Dai-ichi nuclear plant.

"Setsuden," or "save electricity," is Japan's biggest buzzword.

Starting Saturday, Nissan Motor Co. and other Japanese automakers are

working weekends and instead taking Thursday and Friday off. The reworked schedule is for July, August and parts of September, to spread out electricity consumption during peak power-need periods.

Nissan has also beefed up its "smart meter" control room, which had been set up under normal times to monitor electricity consumption at its auto plants. Now, the large-screen monitors and computers more closely watch electricity consumption



► A worker walks past a poster showing Nissan's CEO, Carlos Ghosn, at the automaker's plant in Yokosuka, Japan.

and predict what the usage will be 30 minutes ahead, so that assembly lines or air conditioning can be shut down, if needed.

Setsuden is evident throughout Japan, with trains running on reduced schedules, escalators and elevators shut down and neon signs turned off. Even the usually suit-clad "salarymen" have begun to wear T-shirts and go tieless in "Super Cool Biz" attire to survive thermostats at 28 C.

THE ASSOCIATED PRESS

Setsuden

► The March 11 disaster that crippled the Fukushima Dai-ichi nuclear power plant prompted Tokyo to demand that companies, shopping malls and universities cut electricity use by 15 per cent.

► Nissan is simulating electricity use for next year, to be prepared to slash consumption by an even bigger 25 per cent compared to this year.

Cubans hopeful about Internet access Greece loan staves off disaster, for now

A few dozen members of Cuba's small but growing Twitter community met in downtown Havana on Friday, putting faces to familiar user names and commiserating about the woeful Internet access on the island.

Alejandro Cruz, a.k.a. "cuba1er.plan," said Cubans like him are in-

creasingly using social media to share interests and information. But their ranks are still sparse because Cuba lags far behind the rest of the world in connectivity, besting only the Indian Ocean island chain of Mayotte, according to a report by Akamai Technologies.

The decades-old U.S. eco-

nomie embargo has left Cuba without a hardwired connection to the world, and the island relies on slow, costly satellite service. The Twitter users hope things will speed up now that an undersea fibre-optic cable to Venezuela has arrived in Cuba. It could go online this month.

THE ASSOCIATED PRESS

Greece has been pulled back from impending default with a vital loan instalment.

Athens will get a 12-billion-euro portion of its existing 110-billion-euro rescue package by July 15, in time to meet several bond-repayment deadlines this month and next. The eurozone and the Interna-

tional Monetary Fund will also continue to prop up Greece's struggling economy, with a second package of aid loans to be finalized by September.

But while Saturday's renewed commitments save Greece from immediate collapse, the country's creditors are concerned about how it can service a

debt of 160 per cent of economic output.

"The Greek government debt will remain for many years at a high level and, therefore, subject to possible adverse developments that cannot be predicted," a European Commission report said Saturday.

THE ASSOCIATED PRESS

FLIP, FLOP AND FLY WITH PIGEONS

URBAN COMPASS

JILL ELLIS
METRO LONDON



Swooping and sailing high above the treetops, the birds fly together until one breaks away, drops and rolls, suddenly catching in mid-air and flapping his way back up to the flock. Jonathan Livingston Seagull? No, these are rolling pigeons performing aerobatics.

To their owner, Jerry Hall, there is no better hobby. Roller is the name for a type of pigeon that naturally flips backward and spins through the sky. Hall has been raising and training them on and off over his life. A retired school teacher born and raised in London, Hall now lives outside Goderich, Ont. He got his first set of pigeons three years ago to start building his "kit" — a group of 20 to 30 rolling pigeons that fly as a team. Hall has two kits: One is 29 birds, and the other is 21. He also has 32 pigeons in the breeding area.

"Tracking their pedigrees and breeding for superior rolling abilities and desired colours is part of what (Jerry) Hall enjoys about this unusual hobby."

Tracking their pedigree and breeding for superior rolling abilities and desired colours is part of what Hall enjoys about this unusual hobby. According to his wife Shirley, "He's passionate about it," pointing to a thick tome in which Jerry records his birds' vital stats.

Hall likes "yellow" ones (they actually look light golden brown) and is trying to breed more of that type. But what makes for a good roller? "They have to roll to

the depth you like, and their roll is good and tight. Some roll with wings out and are very floppy. You want them to be in a tight ball and look like a rocket when they drop," he explains.

According to Hall, getting started in this hobby isn't as expensive as some — like carrier pigeons — but it's not cheap either. "(It) costs between \$75 and \$100 for a good pair of rollers," he says.

Hall has gotten several from Gord Edwards, friend and fellow enthusiast, as he is culling his flock to make sure he's working with top-notch stock. Edwards, from Blythe, Ont., is the Ontario region champion in the World Cup Fly. He won this distinction at the end of May by beating 15 flyers from central and southern Ontario.

Hall's flock also increases as his birds breed, but he lost 21 to a weasel this winter and several to hawks. For that reason, he doesn't fly them from November to March, when the hawks' natural food sources are scarce.

The pigeons have leg bands so he can tell his birds from others, and neighbours can return them when they go off course. Training starts when the birds are young. They aren't trained to roll — that's a natural behaviour — but they are trained to return to the coop.

The World Cup Fly is currently making its way around the globe, so keep an eye to the sky.

For more info, see worldcupfly.com.

.....
Contact Jill Ellis at londonurbancompass@metronews.ca

Club's summer calendar is chalk full of optimism

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here is just one.

It doesn't hurt to get a

dose of optimism every so often and the Optimist Club of Byron knows a thing or two about that.

Part of a network of almost 3,000 clubs around the world, the Byron Optimists are contributing to the 65,000 service projects carried out by this network each year.

With a focus on empowering young people, Byron Optimists sup-

port a number of local school and youth programs.

The club hosted its annual Safety on Wheels event in early June — a Byron tradition — and has a summer calendar chalk full of optimism.

"Youth are the future," says Krista Grueninger, director of communications for Optimist International. "Opti-

mists believe that we must meet their needs today to ensure a better world tomorrow."

● CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metoweb.com and we will share them right here.

Cartoon by Michael de Adder



Tweets

- ▶ @w_m_c: I enjoy the days where the most difficult decision is to either a) go to the beach or b) hit the trails on my bike. #LDNont
- ▶ @TammyLeeMarche: Want to watch #caseyanthony trial but bike riding w my son on the awesome #ldnont bike paths today! Will check 4 updates
- ▶ @kaios_slave: Amazed i didn't lose hydro or cable during last nite's wicked thunderboomer in #ldnont. Also didn't lose anything off the balcony!
- ▶ @ashleyemcguire: #uwo really needs to do something about the constant spam I keep getting in my uwo account
- ▶ @sweetstellas: Just asked hubs what he wanted to do today ... his answer 'Go to #Soundgarden!!!' @JLC #ldnont Happy Father's Day, @ColinSzemenyei
- ▶ @jennahepburn: Yikes. Legit just saw a skeleton walk by ... I could have counted the vertebrae on her spine. #thingsiseewaitingfor thebus #downtown #ldnont
- ▶ @reed_man: Anyone know where I could locate historical maps of #ldnont?

WEIRD NEWS

Baboon wasn't amused with this park

A wayward baboon that apparently escaped from an amusement park and became a mini-celebrity — appearing at a golf course and being followed on Twitter — was captured Saturday after spending three days on the lam.

The animal appeared to be unharmed when it was found and tranquilized at a farm in southern New Jersey. The farm isn't far from Six Flags Great Adventure's Monkey Jun-

gle in Jackson Township, which has about 150 baboons that are part of a drive-thru safari.

Park officials confirmed the capture and said they believed the animal was theirs. But they won't know for sure until it's assessed and they can see if it has a microchip that's embedded in all their baboons.

Numerous online followers tracked the baboon's travels after it initially was spotted Thursday. Many posted on a tongue-in-cheek Twitter account created by a person posing as the baboon.

Officials had said the baboon didn't pose a threat to residents but as a precaution warned them not to approach it if they encountered it.

THE ASSOCIATED PRESS

Patience makes the Soundgarden grow

► Chris Cornell on getting the band back together — and making sure it doesn't fall apart again



PAT HEALY
SCENE@METRONWS.CA

Chris Cornell has a very practical approach to Soundgarden these days. He does what he does because he and his band like it, not because a record company says they have to.

You've been doing a lot of solo touring. How different is the mindset for doing that from the mindset you have to have for these Soundgarden shows?

Lately I've been doing what I call the Songbook tour, which is pretty much just me and an acoustic guitar, so it's about as opposite as you can get. ... The only way to get any further

"We're just as adventurous as we've always been, so there are song arrangements and styles that are different than anything we've ever done, but no matter what, we would be doing that."

CHRIS CORNELL ON SOUNDGARDEN

away is if it was just me and a puppet. Then it would be a completely different genre of entertainment. And in that way, you don't really have to strive for balance. One kind of takes care of the other.

After touring around for a month and a half, doing that [acoustic tour], I was really looking forward to getting in the studio with Soundgarden and playing loud, aggressive rock music and then after doing that for a while it will feel great to just sit alone and play an acoustic guitar, so in that way I think I'm pretty fortunate to be able to have such dramatic extremes happening.

On these new dates are you guys doing any of the new stuff you've been recording? I'm not sure if we will do that now mainly because we haven't toured in 12 years or whatever it's been. It's hard to actually come up with a set list that's inclusive of all the stuff that we would play even if we weren't working on new material. We felt like we haven't played in so long, haven't toured and haven't played in front of these different people in so long.

How are we going to really make everyone happy? We don't want people to show up and be like "It was great, but they didn't play this or that." So to throw in new material, we don't know if it's something we want to do right now.

From the new songs, is there anything you're really psyched about that's almost ready to go, that you would love to play?

The whole album is close enough that I kind of get a sense of the overall feeling of it and I'm pretty happy with that. It's pretty great. It's very different. But then again, they all were, so it's not like we completely changed. Musically, at some point, I think we were always kind of doing that. And there's always familiar elements going on but it's also new.

Is there any feeling of proceeding with caution as far as hoping you don't get involved in any of the pitfalls that caused the tension that led to the breakup?

Well, I think the main one is avoiding concerns about scheduling. I suppose there was always a factor of record companies worrying



► Chris Cornell, fresh off a solo tour, says he is looking forward to the release that playing aggressive music with his old band will give him.

about competition, other record labels and what they're releasing by what bands that would be in direct competition with our band. And that's concerned with a lot of different things — with touring, with radio airplay, with TV airplay and all the things

that go along with it. And we're not really in that position anymore. We're just Soundgarden and we're just in that stage of being a band that there isn't really competition. There isn't really another band that can rush in and take our place if we're not ready.

Album took 8 years to make: Welch



► Gillian Welch

As Gillian Welch has promoted her long-awaited new album, *The Harrow & The Harvest*, there comes a point early in each interview when a reporter asks her why it took her eight years to deliver it.

Every. Single. Time.

There's no good answer, of course. These things occasionally take a while.

"No one wanted this record out faster than we did," Welch said with a small laugh. "That's just a

fact. There's no way. I don't actually believe that anyone was more miserable than myself about the eight-year wait because it isn't like we took a vacation. We actually were working the entire time. But the creative breakthrough really came when we kind of somehow managed to step outside the stress and the panic about it, you know? That's just no way to work."

By "we," she means her

life (and music) partner, David Rawlings. They've been working as a duo under a soloist's name for more than 15 years now.

The couple has inspired a generation of musicians who look to acoustic instruments with a kind of rock 'n' roll fervour that didn't exist when Welch and Rawlings first met at the Berklee College of Music in Boston as students in the early '90s.

The pair wrote hun-

dreds of songs for the new album, recorded them in rough form and eventually discarded them in "a song cemetery."

Welch also found the simple act of travelling helped as well. The couple makes a conscious effort to take things slow in life, skipping planes for four wheels on the open highway and remaining disconnected as much as possible from the hustle of modern life. **THE ASSOCIATED PRESS**

2

scene

Box office



Transformers robots have lost some of their money-making power but still have delivered the biggest opening weekend domestically so far this year. Distributor Paramount Pictures said yesterday that *Transformers: Dark of the Moon* took in \$97.4 million domestically in its first weekend. That beat the \$90.2 million debut of Disney's *Pirates of the Caribbean: On Stranger Tides*. But the domestic haul for the sci-fi sequel was down from the \$127.9 million first weekend for 2009's *Transformers: Revenge of the Fallen*. Since opening Tuesday night, the new *Transformers* pulled in \$162 million through Sunday, a drop from \$200.1 million for *Revenge of the Fallen* in its first five days.

THE ASSOCIATED PRESS



Is J.J. Abrams a Luddite? Technology is not our friend, Super 8 says. Scan this code or visit metronews.ca/scene for more news.

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Canada

Kate gives Canadian designer regal replay

- Duchess of Cambridge gives homegrown talent second nod on tour
- She first wore ensemble by designer on day one of royal Canadian visit

CHRIS JACKSON/GETTY IMAGES

It was a regal repeat for Kate as she opted to wear a dress from Canadian designer Erdem for the second time during the royal tour.

The Duchess of Cambridge appeared at a prayer service in Quebec City on Sunday wearing a navy lace Jacquenta dress from Erdem Moralioglu, who is a native of the province.

A model is seen wearing the dress in a photo on the Erdem website categorized under the pre-fall 2011 collection.

The Montreal-born, London-based Moralioglu behind the Erdem label created another lacy frock worn by Kate on the first day of her first official visit abroad.

Kate stepped off of a Canadian Forces jet Thursday in Ottawa donning an elbow-length, dark-coloured Erdem dress.

She wore the dress to attend a wreath-laying ceremony with Prince William at the National War Memorial in the heart of the city's downtown core.



► Prince William, Duke of Cambridge and Catherine, Duchess of Cambridge, attend a Freedom of the City Ceremony outside City Hall yesterday in Quebec.

That was followed by a walkabout among the thousands of people lin-

ing the memorial square. The pair then made their way to an official wel-

come ceremony at Rideau Hall.

THE CANADIAN PRESS

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MONTE CARLO

Dinner & dessert

► The authors of two different cookbooks, *Time for Dinner* and *The Sneaky Chef*, provide a meal that's healthy for you and your children ► There are hidden veggies in those cookies

You may have already discovered how cedar planks on the grill keep salmon moist and imbue it with rich, smoky flavour. But if you don't own a grill, why not try it in the oven? (Make sure the vent is working.)

Preparation:

- 1 Soak the cedar plank in water for 4 hours; place it on a rimmed baking sheet lined with foil.
- 2 Preheat oven to 500° F.
- 3 In a bowl, combine the syrup, mustard, soy sauce, and lime juice. Put the fish in this mixture to marinate while you cook the rice.
- 4 In a saucepan, bring the broth and coconut milk to a boil.
- 5 Stir in the rice, reduce heat to low, cover, and simmer for 20 minutes.

Ingredients:

- 1 cedar plank (for cooking)
- 1/3 cup maple syrup
- 1 teaspoon Dijon mustard
- ½ teaspoon soy sauce
- juice of 1 large lime
- 1 ½ pounds salmon fillet
- 2 cups chicken broth
- 1 13.5-ounce can light coconut milk
- 2 cups uncooked jasmine rice
- salt

- 6 Place the fish on the plank skin-side down, sprinkle it with the salt, and bake for 12 to 15 minutes, until it flakes easily but is not dry.
- 7 Transfer the marinade to a saucepan and heat it over low-medium heat until slightly reduced, about 3 minutes. Drizzle it over the fish before serving.

Dinner. Maple-glazed plank salmon with coconut rice



4 portions
Prep time:
20 min.
Total time:
4 hr 30 min

► From *Time for Dinner* by Pilar Guzmán, Jenny Rosenstrach and Alanna Stang.

Dessert. Unbelievable Chocolate Chip Cookies



About 50
two-bite cookies
Prep time:
40 min.
Total time:
60 min

► From *The Sneaky Chef* by Missy Chase Lapine

Oats and white beans make a decent chocolate chip cookie, you ask incredulously? And I want to throw in wheat germ and whole-wheat flour! Well, tasting is believing.

Preparation:

- 1 Preheat oven to 375 degrees. Remove butter from fridge to let soften.
- 2 In bowl, whisk flour. Blend, baking soda, salt, ground oats, and ground almonds (optional). Set aside.
- 3 In the bowl of a mixer, beat butter and both sugars until creamy. Beat in egg, vanilla, and White Bean Puree. Add dry ingredients and mix on low. Stir in chocolate chips (and walnuts or dried berries). Make two-bite cookies by dropping rounded half-teaspoonfuls, spaced 2 inches apart, onto non-stick or parchment-lined baking sheets.

- 4 Bake for 12 to 14 minutes or until golden brown. Let cool on a metal rack. Store cookies in airtight container.

Ingredients:

- 1 cup Flour Blend (see bottom fact box)
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup rolled oats, finely ground in a food processor
- 2 tablespoons blanched, slivered almonds, finely ground in a food processor (omit if allergic)
- 8 tablespoons unsalted butter
- 1/4 cup sugar
- 1/4 cup brown sugar
- 1 large egg
- 1 teaspoon pure vanilla extract
- 1/4 cup White Bean Puree (see right fact box)
- 1/2 cup semi-sweet chocolate chips
- Optional extra boost: 1 cup chopped walnuts or dried berries

White Puree

- 2 cups cauliflower florets
 - 2 zucchini, peeled and roughly chopped
 - 1 teaspoon lemon juice
 - 3–4 tablespoons water, if necessary
- Steam cauliflower in steamer over 2 inches of water, using a tightly-covered pot, for about 10 mins.
- Pulse raw peeled zucchini with the lemon juice only. Drain cooked cauliflower. Add it to the pulsed zucchini in bowl of processor with two tablespoons of water. Puree on high until smooth. Stop occasionally and push contents from the top to the bottom. If necessary, add the rest of the water.
- Makes about 2 cups of puree. Store in refrigerator for up to 3 days, or freeze 1/4 cup portions in sealed plastic bags or the small plastic containers.

The Flour Blend

- 1 cup all-purpose, unbleached white flour
- 1 cup whole wheat flour
- 1 cup wheat germ,

unsweetened

- Combine flours and wheat germ in a bowl. It can be stored in a sealed, labelled plastic bag for months.

3
life

You need this

Pretty in Pink Pull & Play Pig

It's got an anime vibe and a cute little body. Pull her tail, and the piggy wiggles. Her ears also crinkle, for your texture-loving young one. And for you: Part of the proceeds go to fight breast cancer. **• MWN**



BRIGHT STARTS

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Brightstarts.com

A new study shows

73 minutes

...is the average amount of TV consumed by toddlers daily. Those who watch TV after 7 p.m., may suffer from sleep problems. The viewings resulted in nightmares or trouble falling asleep, according to Seattle Children's Research Institute.

• MWN



Online support groups, blogging help parents deal with miscarriage, stillbirth.

Simplicity at its finest

► Go back to delicious basics with garlic steak and grilled baked potatoes



THE CANADIAN PRESS/ TIM TURNER

► If you love garlic, this steak is for you. It uses 25 cloves.

Preparation:

1 In saucepan over low heat, combine garlic and red pepper flakes

with 125 ml (1/2 cup) to 250 ml (1 cup) of oil, making sure you have enough oil to cover gar-

lic cloves. Cook at a low simmer until garlic starts to brown, about 20 minutes. Remove pan from heat and let garlic cool in oil. Set aside.

2 Pour 50 ml (1/4 cup) of garlic oil onto sheet pan. Dredge steaks through oil, coating both sides. Season evenly with salt and pepper. Let steaks stand at room temperature for 30 minutes before grilling.

3 Prepare grill for direct cooking over high (230 to 290 C/450 to 550 F).

4 Brush cooking grates clean. Grill steaks over direct high heat, with lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium

Ingredients:

- 25 garlic cloves, peeled, plus extra for garnish
- 0.5 ml (1/8 tsp) crushed red pepper flakes
- 125 ml to 250 ml (1/2 cup to 1 cup) extra-virgin olive oil
- 4 bone-in steaks (each 280 to 350 g/10 to 12 oz and 2.5 cm/1 inch thick), trimmed of excess fat
- Sea salt and ground black pepper, to taste

rare. Turn once or twice. Remove from grill and let rest for 5 minutes.

5 Serve steaks topped with sprinkling of salt and garlic. Spoon garlic oil over the steaks. **THE CANADIAN PRESS/ WEBER'S ON THE GRILL: STEAKS & SIDES BY JAMIE PURVIANCE**

Grilled Baked Potatoes



Ingredients:

- 6 large russet potatoes
- Olive oil
- Kosher salt
- Ground black pepper

drizzle with olive oil and sprinkle with salt and pepper. Roll potatoes to coat, then wrap.

3 Reduce one side of grill to medium. If using charcoal grill, bank most coals to one side. Arrange potatoes on cooler side. Cook 40 minutes or until cooked.

Preparation:

1 Heat a grill to high.

2 Wash and pat dry each potato. Use fork to pierce each potato several times. Tear 6 sheets of foil, then use the fork to pierce each one several times. Place potato on each piece of foil;

Topping Suggestions: Baked beans, grated cheese, sour cream, crumbled bacon, diced tomatoes, diced onion.

THE ASSOCIATED PRESS

A strange but tasty summer soup

Gazpacho, the tomato-based chilled soup, can be one of the most refreshing uses of summer produce.

Sometimes chopped, sometimes puréed, sometimes cooked, sometimes completely raw, gazpacho can be made a few ways.

We opted for another red icon of summer for our base — watermelon. Going with a half chopped, half pureed, completely raw

version, we created a super light dish that's great as an appetizer, for brunch or for a light snack.

Preparation:

1 In a blender, puree watermelon until smooth.

2 In bowl, combine watermelon puree, cucumber, cantaloupe, salt, lemon juice and tarragon. Refrigerate until chilled.

3 Meanwhile, in a small bowl, combine creme fraiche, basil and mint.

Serve soup topped with herbed creme fraiche.

THE ASSOCIATED PRESS

Ingredients:

- 1 l (4 cups) watermelon chunks, seeded
- 250 ml (1 cup) peeled, seeded cucumber, finely diced
- 250 ml (1 cup) peeled, seeded cantaloupe, finely

diced

- 2 ml (1/2 tsp) salt
- Juice of 1 lemon
- 15 ml (1 tbsp) fresh tarragon, minced
- 125 ml (1/2 cup) creme fraiche
- 15 ml (1 tbsp) each fresh basil and mint, minced



► This recipe makes six servings.

MATTHEW MEAD/ THE ASSOCIATED PRESS



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► WWF-Canada expanding their current Living Planet @ Work program



So you know your workplace could easily reduce its environmental footprint and you're eager to help make a difference. The problem? Knowing exactly what to do — and where to start.

A year ago, WWF-Canada launched its Living Planet @ Work program, helping some of Canada's largest companies take firm, decisive action to become gentler on the planet. Each corporation paid in, and the program was based in Ontario.

A year later, the program is being hugely expanded. Starting very

soon, any size company anywhere in Canada can take part. And the best news of all? It's free.

"It's all customized tools and activities and support programs for our corporate partners to educate and inspire their employees for sustainability initiatives," says Hadley Archer, WWF-Canada's VP of strategic partnerships and fundraising.

"Often, these companies already know all this stuff. What they struggle with is how to meaningfully engage their employees."

Alicia Nixon is the environmental lead for Accenture Canada, one of this nation's top management consulting, technology

services and outsourcing firms. She says the program has benefited the company in multiple ways.

"We've incorporated all 11 of our offices across Canada into this program," she says. "It's becoming more and more important to incoming employees to be part of a company that is a responsible corporate citizen. These types of initiatives are very well received by the employees."

"There's a series of things that are common for most companies that we help them develop," Archer adds.

"This is to get people in an office environment educated and inspired — everything from paper use

to lighting to how companies can meet in a more environmentally responsible way. And also how to tap into some of our campaigns — like Earth Hour and the Great Canadian Shoreline Cleanup."

And coming this fall, the doors will be open to any Canadian company that wants to take part.

"In partnership with Hewlett-Packard, we are launching a new second tier that will be free, aimed really at small and medium-sized businesses, to provide them a whole suite of online tools to support their initiatives," Archer explains.

"We're hoping to get upwards of 500 companies to join."

ENSURING YOU GET ORGANIC HONEY

Is there such a thing as organic honey?
Amanda of Halifax

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA



There are organic beekeepers but organic honey is a little more complex.

Beekeepers have to meet stringent production standards and conditions to be certified organic.

Not only do plants — the bees' source of nectar — need to be pesticide-free, their entire foraging area does, too.

This means honey has to come from areas where there is no human activity.

Today, it's almost impossible to imagine such a place.

And it's not as simple as staying away from conventional crops sprayed with pesticides.

Governments also use pesticides to control moths in forests, weeds along roadsides, and greenery under power lines.

Organic certification bodies consult with landowners within a five-kilometer radius of the hives, and regularly test honey samples to guarantee they don't contain any pesticide residues or environmental pollutants.

Organic hives cannot



use non-organic honey, sugar, or antibiotics.

That's right.

We treat cattle and bees antibiotics.

In fact, many beekeepers (but not all) also add pesticides to their hives to control mites.

You'll be hard-pressed to find certified organic honey production in Canada for the very reason you mention — controlling where bees forage.

However, I have seen certified organic honey from New Zealand.

Not very local.

Don't hesitate to strike up a conversation with a local beekeeper to see how they manage their hives, maybe at your next local farmer's market.





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Take a look at him now, skeptics!

Once pegged as a poor business planner, Mike Riehm did a workplace 180 and showed his critics who's boss

TURNING POINT

TERESA KRUIZE
LIFE@METRONews.ca



For 11 months the CBC TV crew followed Mike Riehm as he worked to build his business called EnviroBOND. With his family and friends gathered to watch the debut, a hush filled the room as the host faced the camera and said, "Have you ever wanted to start your own business? Here is an example of what NOT to do. Meet Mike Riehm."

Portrayed as a hard worker with a good prod-

uct, the program slammed him for not having a sound business plan. Mike was devastated. His girlfriend left him. "I stared at a wall and cried for three days," Riehm says. "When you're going down like that you have two choices: sink or swim."

Today, 10 years later, Mike Riehm has learned some tough lessons, but the EnviroBOND products of sand, stone and organic paving materials are now being sold by 150 dealers across North America and are in seven countries around the world. He recently bought a beautiful new home, upgraded his business facility and got engaged to an amazing real estate agent.

Hey CBC, looking for a story on how a successful

business is run? Meet Mike Riehm.

Riehm's Notes

Riehm on surviving a tough startup.

- ▶ Confront the bull by the horns — strive to learn the things that you are afraid to know.
- ▶ Build a flat workplace where it is OK to tell someone (even the boss) how they can improve their role.
- ▶ If you chose not to decide, you still have made a choice. Sitting on the fence is still a choice.
- ▶ You don't know what you don't know. Be aware of your own ignorance.



▶ Mike Riehm, president and CEO of EnviroBOND.

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Homework hard?

Building a business from your home office sounded like a total breeze So then why are you so behind?



DREW
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Keeping a sense of perspective as you run a business out of a spare bedroom can be a job unto itself, small business advisors say. With no boss keeping tabs on the company math, it's all too easy, says John Jantsch, author of Duct Tape Marketing, to allow yourself the leisurely lunch breaks and hammock days that can sink your entrepreneurship.

"It's eye opening to people when they learn how much an hour costs," he said.

"If you want to make \$100,000 a year working 40 hour weeks, the entire time you have to be doing work worth \$50 an hour."

Which is why, he advises, you have to obey your to-do list religiously. Tack a project list to your wall to make sure you're chasing the big goals, he adds.

"You need to constantly have that discipline to focus on the pay-off work," Jantsch warns. "Reading a magazine or cleaning the office probably isn't worth \$100 an hour."

Leaving the office, however, could be the most profitable thing you do all day.

"For people just starting off, the highest pay-off work you can do is get out of the office," Jantsch says. "Go network, and start meeting people."

Assemble a Board of Advisors.

Every business, no matter how miniscule, needs a set of advisors, says Jim Blasingame, author of Small Business Is Like a Bunch of Bananas.

"The dream is that you have lunch once a month with your attorney, your insurance agent, your ac-

countant, your consultant, and you all sit around the table and talk," he says.

It almost never happens, he adds. For a one-businessperson show, you'd do better to start with a single consultant paid for keeping an eye on the company's bottom line.

"It doesn't need to be a friend," he stresses. "It needs to be someone you're paying for absolute brutal, brutal bloodletting, gut-wrenching, eviscerating candor."

Meet with Customers

There's one sort of advice you can seek that's free, plus it's always right: the customer's.

"About once a quarter, bring five or six of your customers for lunch," Jantsch suggests. "Not only will you get out of the house, you'll create a networking opportunity."

Jays blast past Phillies with 3 home runs in 8th

Newly named all-star Jose Bautista blasted his MLB-leading 27th home run and the Toronto Blue Jays cooled off Phillies lefty Cliff Lee with a 7-4 win over Philadelphia yesterday afternoon.

Lee's day unravelled in the eighth when Eric Thames tied the game with a no-doubt solo shot over the centre-field wall on the first pitch he saw.

That set up Bautista's heroics when he crushed Lee's 2-1 fastball to his usual sweet spot over the left field wall, sending the 26,204 at Rogers Centre into a frenzy.

Adam Lind singled, Juan Rivera went deep on a 91 m.p.h. fastball and all of a sudden the Blue Jays had a three-run cushion.

That brought out the hook for Lee as Phillies manager Charlie Manuel replaced him with Michael Stutes.

Lee (9-6), who heading into the game was riding a tremendous hot streak having surrendered a measly one earned run over his last five outings (42 innings), was tagged for 10 hits and seven runs (six earned) over 7 1/3 innings. He struck out nine and walked none.

Over five starts in June, Lee was 5-0 and hadn't lost since May 31 at Washington.

Reyes, looking for his first career victory against Philadelphia, finished with eight hits and four runs through six innings of work. He walked two batters and didn't register a single strikeout.

THE CANADIAN PRESS



► Novak Djokovic of Serbia celebrates championship point at Wimbledon yesterday after defeating Rafael Nadal of Spain.

Djokovic seals spot atop new tennis order

► World's new no. 1 wins first Wimbledon in four sets (6-4, 6-1, 1-6, 6-3)
► Serb 5-0 against Nadal in 2011 ► Gets first Grand Slam win over Spaniard

Until yesterday, Novak Djokovic never managed to win a grass-court tournament of any sort, let alone Wimbledon.

Until this marvellous — and nearly perfect — year, Djokovic was very good. Now he's great.

After outrunning, outswinging and, for stretches, dominating defending champion Rafael Nadal for his third major championship overall, Djokovic crouched on Centre Court, reached down, plucked some blades of grass and shoved them in his mouth.

"I felt like an animal. I wanted to see how it tastes.

It tastes good," Djokovic said later, his eyes wide and his smile contagious. "It came spontaneously, really. I didn't plan to do it. I didn't know what to do for my excitement and joy."

Putting together one of the best seasons by any athlete in any sport in recent memory, Djokovic claimed major trophies from the Australian Open and Wimbledon. Today, he will rise from No. 2 to No. 1 in the ATP rankings, overtaking Nadal, a switch guaranteed by virtue of Djokovic's win in the semifinals Friday.

"I want to win more Grand Slams," said Djokovic, the first man

Women's final

Petra Kvitova won her first Grand Slam title Saturday by beating Maria Sharapova 6-3, 6-4 in the Womens' final at Wimbledon.

since Andre Agassi in 1992 to win his first grass title at Wimbledon. "I will not definitely stop here, even though I have achieved (the) two biggest things in my life in three days."

Which, perhaps, is why he engaged in such a lengthy and original celebration, even tossing several rackets into the stands, the sort of crowd-pleasing

gesture for which Djokovic has long been known.

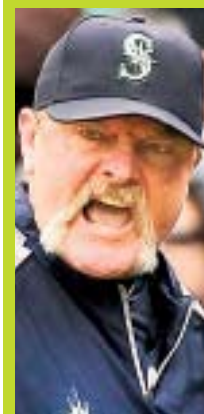
Indeed, early in his career, Djokovic stood out less for his shot-making than for his showmanship — check out his spot-on impersonations of other pros, including Nadal, on YouTube — and a hard-to-explain propensity for losing, or even quitting, during late-round matches at majors.

For years, Roger Federer and Nadal ruled tennis. One or the other was No. 1 every week since February 2004. One or the other won 22 of the last 26 Grand Slam tournaments, including Nadal's 10 titles. THE ASSOCIATED PRESS

4

sports

Quoted



"I'm the captain of this ship and something like that cannot happen. That falls on me. I should have trusted my instincts with what I felt it was, but I didn't and that's my fault."

SEATTLE MANAGER ERIC WEDGE APOLOGIZED TO HIS TEAM YESTERDAY FOR NOT ARGUING ON SATURDAY NIGHT WHEN THE SAN DIEGO PADRES' CAMERON MAYBIN WAS AWARDED A WALK ON ONLY THE THIRD BALL OF HIS AT-BAT. THE SCOREBOARD DISPLAYED AN INCORRECT COUNT AND THE UMPIRE ALSO WHIFFED ON THE CALL.



Scan code for more sports news.

Bautista leads all-star voting

Jose Bautista is the people's choice heading into the all-star game.

The Toronto Blue Jays slugger received a record 7,454,753 fan votes ahead of the game at Chase Field in Phoenix on July 12.

Bautista is the first Blue Jay to lead voting for the game and the first Toronto player to be voted to the game since first baseman

6M Bautista's total surpassed the previous mark of 6,069,688 set by Ken Griffey Jr. in 1994.

Carlos Delgado in 2003.

"It's a good feeling, something I'll never forget," Bautista said before yesterday's game against the Phillies.

THE CANADIAN PRESS



► Jose Bautista

News in brief

Leafs, Preds swap players

NHL. The Toronto Maple Leafs acquired forward Matthew Lombardi and defenceman Cody Franson from the Nashville Predators yesterday. In return, Toronto sent the Predators defenceman Brett Lebda

and forward Robert Slaney. THE CANADIAN PRESS

Brazil into quarter-finals

SOCCER. Marta scored twice in a 3-0 win over Norway to lead Brazil into the quarter-finals of the women's World Cup yesterday. She scored the first goal in the 22nd minute before putting the game out of reach in the 48th. THE ASSOCIATED PRESS

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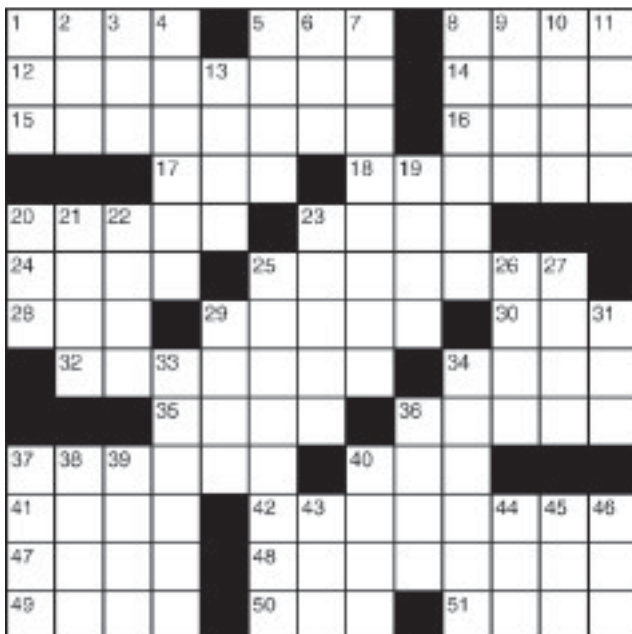
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Crossword

Across

- 1 Moist
5 Lingerie item
8 "The — Piper of Hamelin"
12 Outside
14 Went on horse-back
15 1972 Bill Withers hit
16 And others (Lat.)
17 Two-timer
18 Blazing
20 Garden insect
23 Roman 202
24 Newman or Lynde
25 One with an entry-level job?
28 Up to, briefly
29 Dorian Gray's creator
30 Baby's mealtime garb
32 "Greetings," in India
34 Options list
35 "Woe is me!"
36 "Psycho" surname
37 Lunar surface feature
40 Inmate
41 Raise
42 Pop song of 1929
47 Land measure
48 Store
49 Needy
50 Soon to arrive
51 Charitable donations
Down
1 Atl. state
2 Chopper
3 1959 Kingston Trio hit
4 Writing tool
5 Tie
6 Bulg. neighbor
7 Three digits after 1
8 Early game in a tourney
9 Greek vowel
10 Dutch cheese
11 Drop a letter?
13 Street
19 Shoot a gun
20 Suitable
21 Aspirin target
22 Hawaiian dance
23 Indianapolis team
25 Took weapons



- 4 Writing tool
5 Tie
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8 Early game in a tourney
9 Greek vowel
10 Dutch cheese
11 Drop a letter?
13 Street
19 Shoot a gun
20 Suitable
21 Aspirin target
22 Hawaiian dance
23 Indianapolis team
25 Took weapons

- from
26 Help in a crime
27 Near-perfect score, maybe
29 Corduroy ridge
31 Greyhound carrier
33 Be important
34 Off-repeated chant
36 U2 lead
37 Applaud
38 Puerto —
39 Roundish hairstyle
40 Superhero costume feature
43 Ostrich's cousin

- 44 Lubricate
45 Closemouthed
46 Type squares

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

marc

My mpenzi, we have been together for 5 years and married for 2.our love has endured lots of difficulties.My soldier no matter where you are just remember,I am always there with you and I love you so dearly, always.You are my rock you strengthen me, and my gift to you is my love and honour, and the children we will soon have.I love you Allan now and always. **FROM MRS MARION**

PrinceCharming

"We both know all this has to come to an end" - hmm! i asked 4u long time back for my next life & i was promised. but look HE is letting me have u now...how unattainable unobtainable is that? u r not going anywhere coz i am following u...even next!! **FROM YR HEARTBEAT**

Today's horoscope

♈ Aries March 21-April 20

No matter how hard you think your life may be there is always someone worse off

♉ Taurus April 21-May 21 Someone you trust will give you excellent advice today

♊ Gemini May 22-June 21 ? If you have put in the hours and made an extra special effort then you can expect some kind of reward today

♋ Cancer June 22-July 22 There is no point beating yourself up emotionally and mentally because

you made a mistake

♌ Leo July 23-Aug. 23 Something you value will be taken from you today

♍ Virgo Aug. 24- Sept. 22 Even if you are convinced that you're in the right accept some of the blame.

♎ Libra Sept. 23-Oct. 23 Spread your workload around as much as you can today.

♏ Scorpio Oct. 24-Nov. 22 The harder you have worked in recent weeks the bigger the payoff will be over the next few days.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

Don't be too generous when it comes to dividing the spoils.

♑ Capricorn Dec. 22-Jan. 20

Relationships may be serious things but it pays to be light-hearted

♒ Aquarius Jan. 21-Feb. 18

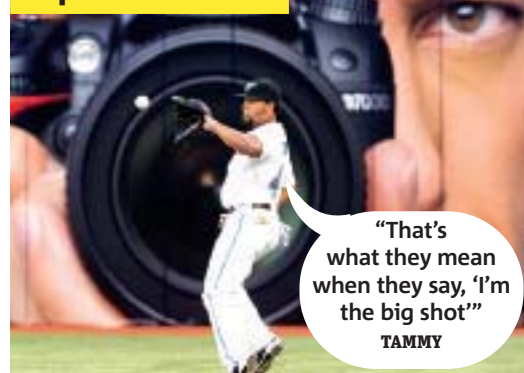
If you have been wasteful with money of late you need to get serious

♓ Pisces Feb. 19-March 20.

Don't ignore the needs of others or trample on their dreams.

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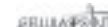
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